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Impact of vitiligo on psychosocial and mental health status of patients

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Introduction: Vitiligo is a chronic pigmentary disorder, influencing the patient`s quality of life (QoL) and psychological well-being. The purpose of this study is to compare VitiQoL and DLQI and to analyze its psychosocial burden.

Materials & Methods: A prospective study of 100 vitiligo patients, attending the skin OPD over a period of 1 year was carried out. Detailed history and clinical examination was done. Patients were explained about VitiQoL and DLQI questionnaire and were asked to fill the proforma for the same. Scoring was done and data was statistically analyzed. Patients less than 16 years of age were excluded.

Results: 65% of the patients had stable vitiligo whereas 35% of the patients had unstable vitiligo. 49% of patients had lesions on exposed and unexposed parts, 35% had lesions on the exposed parts and 16% had on the unexposed parts. The mean score for VitiQol is 37.23±23.66 and for DLQI score is 7.05±5.84. The prevalence of psychiatric morbidity was 30%. The mean score for becks depression inventory is 13.5. The mean score for state anxiety is 60.02 and for trait anxiety is 60.25. Positive correlation was found between VitiQol and DLQI and this correlation was found statistically significant ($p<0.05$).

Conclusion: In conclusion, vitiligo has profound effects on the quality of life of patients. In our study, anxiety and depression scores of females were elevated as compared to males. The findings of present study will hopefully create awareness among concerned persons and combined approach of management between psychiatry and dermatology departments can definitely improve quality of life of the affected individuals.

Biography

Li Kaicheng has completed his PhD in 1998 from Huazhong University of Science and Technology. He is the Professor of Huazhong University of Science and Technology and mainly focuses on research on electromagnetic measurement, power quality analysis and control, electronic transformer, intelligent instrument, etc. He teaches courses such as signals and systems, sensors and automatic measurement, weak signal detection and so on. He has published more than 100 papers and obtained 10 patents and 5 government awards.

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